

Kerns, Brian 2BCT10MTN LTC BCT XO

From: Lim, Steven J. CPT BDE S2
Sent: Friday, June 04, 2010 2:39 PM
To: Kerns, Brian 2BCT10MTN LTC BCT XO
Subject: [UNCLASSIFIED] FW: My Problem [UNCLASSIFIED]
Attachments: breanna.jpg

Titus Classification: UNCLASSIFIED
Titus FullClassifications: UNCLASSIFIED / # / #

UNCLASSIFIED//

-----Original Message-----

From: Adkins, Paul 2BCT10MTN MSG BCT S2 NCOIC
Sent: Thursday, June 03, 2010 9:51 PM
To: Lim, Steven J. CPT BDE S2
Subject: FW: [UNCLASSIFIED] My Problem [UNCLASSIFIED]

Sir,
Per conversation.
V/r
MSG Paul David Adkins

-----Original Message-----

From: Manning, Bradley SPC BDE S2
Sent: Saturday, April 24, 2010 7:40 PM
To: Adkins, Paul 2BCT10MTN MSG BCT S2 NCOIC
Subject: [UNCLASSIFIED] My Problem [UNCLASSIFIED]

UNCLASSIFIED//

This is my problem. I've had signs of it for a very long time. Its caused problems within my family. I thought a career in the military would get rid of it. It's not something I seek out for attention, and I've been trying very, very hard to get rid of it by placing myself in situations where it would be impossible. But, it's not going away, its haunting me more and more as I get older. Now, the consequences of it are dire, at a time when its causing me great pain in itself.

As a result, I'm not sure what to do about it. It's destroyed my ties with my family, caused me to lose several jobs, and its currently affecting my career and preventing me from developing as a person. It's the cause of my pain and confusion, and turns even the most basic things in my life extremely difficult.

I don't know what to do anymore, and the only "help" that seems to be available is severe punishment and/or getting rid of me. All I do know, is that fear of getting caught has caused me to go to great lengths to consciously hide the problem. As a result, the problem and the constant cover-up has worn me down to a point where it's always on my mind, making it difficult to concentrate at work, difficult to pay attention to whatever is going on, difficult to sleep, impossible to have any meaningful conversations, and makes my entire life feel like a bad dream that won't end.

Like I said, I don't know what to do and I don't know what's going to happen, but at this point, it feels like I'm not really *here* anymore, and everyone's concerned about me and afraid of me. I'm sorry.

v/r

SPC Manning, Bradley
Commando SEG Analyst (1000C-2200C)
S2 Fusion Cell, 2BCT 10MTN
FOB Hammer, Iraq

Primary SVOIP: 674-7935

